

news & notes

FIRST AID FOR BLEEDING

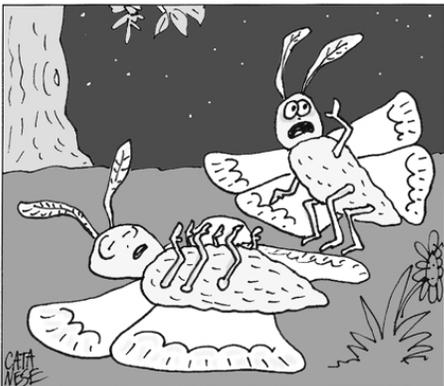
After emergency help has been called, put on latex gloves from the first-aid kit (or cover hands with clean plastic bags), and then:

- ☞ **Apply direct pressure.** Place a clean gauze pad or cloth over the wound and apply direct pressure.
- ☞ **Elevate the wounded area.** If the wound is on an arm or leg, raise the injured limb above the level of the heart, keeping pressure on the wound at the same time.
- ☞ **Use pressure points.** If bleeding does not stop, in addition to continuing to apply direct pressure to the wound, apply pressure to the body's pressure points. Squeeze firmly inside the upper arm for arm wounds and in the crease of the groin area for leg wounds.

WHEN SOMEONE STOPS BREATHING

It's important to restart breathing as quickly as possible, since brain damage can occur within 3 or 4 minutes. To give rescue breathing:

1. Lay the victim on his or her back.
2. With victim's head back and chin lifted, pinch nose shut.
3. Use a pocket mask to protect yourself.
4. Give two slow breaths and watch for victim's chest to rise.
5. Check pulse. If no pulse, begin CPR, if you are trained. If there is a pulse, but the person is still not breathing, continue rescue breathing, giving one slow breath every 5 seconds for about a minute.
6. Recheck breathing and pulse.
7. Continue rescue breathing until victim starts breathing on his or her own, or until emergency help arrives.



"Hey! Over here! Does anybody know moth-to-moth resuscitation?"

MOC Safety and Environmental Management

SafetyWorks

NMAO Marine Operations Center

January 2006

Be a Lifesaver

Your fast action could be the difference

If a co-worker is hurt in an accident, a few seconds one way or the other could make the difference between life and death. Everyone should be able to respond to common workplace medical emergencies such as:

- Wounds (or amputations) causing heavy bleeding
- Broken bones
- No breathing
- No pulse
- Choking
- Shock
- Heart attack
- Eye injuries
- Heatstroke
- Chemical poisoning
- Burns

Take a Red Cross class on first-aid and CPR training to learn how to respond.

First Response

When a co-worker appears to be seriously ill or injured, call 911 and ask for an ambulance. Give complete information about the location of the victim and the nature of the illness or injury. Also give your phone number and stay on the line until the operator says it's OK to hang up.

What Next?

After calling for emergency help, here are more essential things you can do:

- ✚ Check to see if the victim is breathing and has a pulse.
- ✚ If no breathing, give rescue breathing (use a pocket mask to protect yourself); if no pulse, give CPR.
- ✚ Give appropriate first aid—for example, stop bleeding, treat burns, etc.
- ✚ Keep the victim comfortable until the EMTs arrive.

The first rule of first aid is "Do no further harm." That means you should not attempt to move a victim unless it is essential to save the person's life or give anything by mouth to an unconscious person. If you're not sure what to do, it is better to call for emergency help and do nothing than to do the wrong thing.



HAZWOPER Rules

What to do in case of a chemical release

All facilities that contain hazardous chemicals and wastes that may be harmful to human health are required by OSHA to be prepared for emergencies involving accidental releases of these dangerous substances. OSHA's Hazardous Waste Operations and Emergency Response Standard (HAZWOPER) requires companies to have a written emergency plan to handle emergencies involving releases of hazardous substances.

HAZWOPER requires companies to plan for worst-case incidents. A worst-case incident is one that results, or is likely to result, in an uncontrolled release of a hazardous substance that can't be properly controlled by employees on the scene and requires response by trained employees from outside the release area or designated responders (e.g., fire department). Such emergency plans include:

- Decontamination procedures and areas
- How to prevent contamination of other people and areas
- How to select, inspect, use, and decontaminate PPE
- Communications procedures with state and local authorities and other response organizations
- How to use MSDSs and other resources to get immediate information on substance hazards, precautions, PPE, etc.
- Practice drills to coordinate evacuation and emergency response.

news & notes

SAFETY HELMET MAINTENANCE

To provide maximum protection on the job, safety helmets must be properly maintained.

- Inspect the shell for cracks before use.
- Adjust the headband so that the hat doesn't touch your head.
- Replace headbands if they are stretched out or deteriorated (which could affect the fit, the protection, and the comfort).

You also need to clean your hard hat:

- Dip it in hot soapy water, scrub, rinse, and dry.
- Remove and wash the sweatband.
- Store the helmet away from sun and other heat. For example, don't leave it on the rear window ledge of your vehicle.

In addition, NEVER:

- Drill a hole in a hard hat, because this can crack it or reduce its protectiveness.
- Throw, bang, or scrape the helmet.

Also, replace:

- Any helmet that takes a heavy blow, even if it doesn't look damaged.
- Any helmet with a cracked, broken, or punctured shell.

WINTER DRIVING PRECAUTIONS

If you drive in snowy or icy conditions:

- Drive at less than the posted speed.
- Keep a larger than usual distance between you and the vehicle in front.
- Brake gently before you come to a stop at a sign or light, and accelerate slowly when starting again.
- Take turns slowly.
- Keep the windshield clear.

Hand Tool Safety Quiz

What you don't know can hurt you

Everybody's smacked their thumb with a hammer. It hurts, but it's usually not too serious. Some hand tool injuries, however, can be serious. Bones can be broken if heavy tools slip or are dropped or tossed. Eye injuries can be caused by flying chips or the tool itself accidentally striking the eye. Pointed or sharp tools can cause puncture wounds, cuts, and even severed arteries or amputations. That's why it's important to take precautions. Take this quiz to find out just how much you know about hand tool safety.

- | | | |
|--|----------|----------|
| 1. Choosing the right tool for the job helps prevent injuries. | T | F |
| 2. PPE is not necessary when using hand tools. | T | F |
| 3. The safest tool is one you customize for your own use. | T | F |
| 4. Dull tools (such as saws) are more dangerous than sharp ones. | T | F |
| 5. Hand tool injuries are always minor. | T | F |
| 6. When you need to pass a tool to a co-worker, use an underhand toss. | T | F |

Answers:

- (1) True (2) False. Safety goggles and safety shoes are often required, and hard hats may be needed if there's a risk of tools falling from above.
 (3) False. Never alter or customize a tool. (4) True
 (5) False. Hand tools can cause serious injuries.
 (6) False. Never throw a tool, even gently. Pass it firmly, handle first.

What's Your BMI?

Are you a healthy weight?

The third week in January is National Healthy Weight Week. To find out if you're a healthy weight, the U.S. Surgeon General suggests you calculate your Body Mass Index (BMI) with this formula:

$$\text{BMI} = \frac{\text{Weight (in pounds)}}{\text{Height (in inches)} \times \text{Height (in inches)}} \times 703$$

For example, say a person is 5' 7" (67 inches tall) and weighs 140 pounds:

$$\text{BMI} = \frac{140}{67 \times 67} \times 703 = 21.9$$

For adults, a BMI of 18.5 to 24.9 indicates a healthy weight. A BMI of 25 to 29.9 is considered overweight, and a person with a BMI of over 30 is obese. To achieve and maintain a healthy weight, the Surgeon General suggests these steps:

1. Be Active

- ◆ Keep physically active to balance the calories you consume.
- ◆ Be physically active for at least 30 minutes on most days of the week.

2. Eat Well

- ◆ Select sensible portion sizes.
- ◆ Follow the Dietary Guidelines for Americans at:
www.health.gov/dietaryguidelines.

3. Aim for a Healthy Weight

- ◆ If you're overweight, losing 10% of your weight can improve your health.
- ◆ If you need to lose weight, do so gradually—½ to 2 pounds a week.

news & notes

FIRST AID FOR BURNS

Third-degree burns are the most serious. If skin is white or charred and burned through:

- ✦ Don't try to treat or cool burn or remove clothing stuck to it.
- ✦ Cover with clean cloth.
- ✦ Elevate burned limbs.
- ✦ Get immediate medical attention.

Second-degree burns need careful attention. If skin is blistered:

- ✦ Remove clothing unless it's stuck to burned area.
- ✦ Apply cool water or wrapped ice packs.
- ✦ Don't break blisters.
- ✦ Get quick medical attention if the burn is large or on the face, hands, or genitals.

First-degree burns are the least serious, but they need proper first aid. If skin is red:

- ✦ Apply cool water or wrapped ice.
- ✦ Cover with clean cloth or dressing.
- ✦ Take aspirin or ibuprofen for pain.

Chemical burns need immediate flushing:

- ✦ Remove contaminated clothing.
- ✦ Flush burn with water for 15 minutes.
- ✦ Check the MSDS for first-aid instructions.
- ✦ Cover with clean cloth and get medical attention.

Avoid Making a Burn Worse

DON'T:

- ✗ Apply unwrapped ice, butter, petroleum jelly, or ointment.
- ✗ Cut away clothing that is stuck to a burn.
- ✗ Rub the burned area.

DO:

- ✓ Check for shock and breathing problems and provide necessary first aid.
- ✓ Get medical attention if a burn isn't healing well or causes ongoing pain.

Slipping Up on Safety... Can send you on a trip to the hospital

Among the most common workplace hazards are slips, trips, and falls. These kinds of accidents can occur at work or at home, leaving you laid up for days or weeks. A fall from a ladder or other high place could even leave you disabled for life. Prevent these kinds of accidents by following these do's and don'ts:

DO:

- ☑ Pay attention to where you are going and what is in your way.
- ☑ Walk, don't run, and walk slowly, sliding your feet, on slippery surfaces.
- ☑ Wear sturdy shoes with nonskid soles.
- ☑ Keep aisles, stairs, and walkways clear of tools, materials, cords, etc.
- ☑ Fix or report broken flooring, stair rails, steps, ladders, and burned-out lights.
- ☑ Clean up leaks and spills promptly.
- ☑ Block off and mark floor areas being cleaned or repaired.
- ☑ Dispose of trash and scrap materials promptly and properly.
- ☑ Keep drawers closed.
- ☑ Stay away from the edges of docks and platforms.

DON'T:

- ☒ Wear baggy pants you could trip over, or leave your shoelaces untied.
- ☒ Use chairs or boxes instead of ladders to reach high places.
- ☒ Carry loads you can't see over, especially on stairs.
- ☒ Jump from platforms or loading docks.
- ☒ Tilt back in a chair.





When Someone Chokes

Act fast and do the right thing

When a person chokes, their airway may be partially or totally blocked. If the person can talk or cough, the airway is partially blocked, which means the person can get enough air—at least for the moment. A partially blocked airway can become totally blocked from one second to the next, however. That’s why you should stay with the person and encourage him or her to continue coughing until the item is dislodged. If the person can’t cough up the item, call 911.

If a person chokes and the airway is completely blocked, he or she won’t be able to cough, talk, *or* breathe. Immediately get behind the person and wrap your arms around their midsection. Then:

1. Place your fist, thumb-side in, against the person’s abdomen above the navel.
2. Grasp your fist with your other hand and give several quick upward thrusts.
3. Repeat until the item is dislodged.

For pregnant women or people with waists too large to get your arms around, wrap your arms around their chest and give several quick thrusts into the chest.

If you choke and there’s no one around to help, lean against an object, such as the back of a chair or the edge of a table and press your abdomen into the object repeatedly until the food is dislodged.

news & notes

HAVE A SAFE AND HAPPY NEW YEAR!

If you make just one New Year’s resolution this year, resolve to work safely and prevent accidents. If each of us is just a little more alert, a little more informed, and a little more careful as we work, we can cut our accident rate to zero and keep it there all during 2006. So do your part and resolve to make safety a priority this year.

BE A HAZARD HUNTER

To work safely, you need to identify and eliminate job hazards. Begin by looking at the potential hazards in your work area. Are there chemical hazards? Equipment hazards? Fire or explosion hazards? Electrical hazards? Eye hazards?

Once you’ve identified work area hazards, you can determine the precautions you need to take to avoid them.

Now look at each task you perform. List all the steps for each task. Alongside each step list all the hazards involved. Once you’ve identified the hazards for each step, look for ways to eliminate or minimize them. For example, wear safety glasses to protect against eye hazards or use a hand truck to move a heavy load and save your back.

Why Is this Important?

Because we often fail to recognize risks in tasks we perform all the time or in work areas with which we’re so familiar that we no longer see obvious safety problems.

So never stop being a hazard hunter!

Confined Space Dangers

Two workers barely survive explosion

The following is a true story:

Two workers were welding in a pit at the base of an elevator shaft. About 10 days earlier, a piston designed to power the elevator had been installed in a 72-foot-deep shaft drilled into the pit’s base. To protect the piston from corrosion, the piston shaft had been lined with PVC pipe. PVC primer and liquid cement were used to assemble the sections of pipe. Both substances contained flammable solvents that produced vapors 2.5 times heavier than air.

While the workers were welding, an explosion ripped through the shaft. The force of the explosion threw one worker against a wall, causing multiple leg injuries. The other worker temporarily lost hearing in one ear. Despite their injuries, the two shaken men managed to stumble through the dust and debris to a ladder and escape from the dark pit.

You might not think of such a space as truly “confined,” but it is. OSHA regulations define a confined space as “any space having limited means of egress, which is subject to the accumulation of toxic or flammable contaminants or has an oxygen-deficient atmosphere.”

Before entering any confined space, make sure you’re trained and authorized and have emergency backup in case something goes wrong.